

Exercise Chart by Age

	8-12 Weeks	12-16 Weeks	4-6 Months	6-12 Months
Sustained and Continuous Walking	<p>50 - 200 feet at a time.</p> <p>Allow frequent sniffing breaks</p> <p>Formal heeling/loose leash walking training limited to 2 minutes per walk.</p>	<p>Gradually increase duration and length of walks, up to 100-200 feet by the time the puppy is 16 weeks old.</p> <p>Let the puppy volunteer to keep going or stop if he shows reluctance to go further</p> <p>Keep formal heeling/loose leash walking training to 2 minutes per session.</p>	<p>Gradually increase duration and length of walks, up to 200-400 feet by the time the puppy is 6 months old.</p> <p>Let the puppy volunteer to keep going or stop if he shows reluctance to go further</p> <p>Keep formal heeling/loose leash walking training to 5-10 minutes per session.</p>	<p>Walks on pavement should be kept short, but duration of walks on dirt or turf can be increased and hiking can be introduced</p> <p>Can increase sustained walking to up to 20-30 minutes on a relatively level, soft surface if the puppy volunteers go that far.</p>
Sniff and Stroll	<p>Informal "Sniff and Stroll" sessions can be up to 15 minutes.</p>	<p>Can be increased to 20 minutes</p>	<p>Can be increased to as much as 45 minutes by the time the puppy is 6 months old, provided you are moving at a slow pace with plenty of opportunities for the puppy to stop and sniff.</p>	<p>Can be increased to as much as 60 minutes by the time the puppy is 12 months old, provided you are moving at a slower pace with plenty of opportunities for the puppy to stop and sniff.</p>
Running	<p>No directed running except for very short spurts in play.</p> <p>Puppy can run as much as he likes on his own.</p>	<p>No directed running except for very short spurts in play.</p> <p>Puppy can run as much as he likes on his own.</p>	<p>No directed running except for very short spurts in play.</p> <p>Puppy can run as much as he likes on his own.</p>	<p>No directed running except for very short spurts in play.</p> <p>Puppy can run as much as he likes on his own.</p>
Jumping and Impact Activities	<p>Bars on the ground up to wrist height.</p> <p>No more than one or two obstacles in a row.</p> <p>Wobble boards or unstable surfaces, but very low.</p> <p>Do not let puppy go up or down stairs unsupervised - no more than two or three steps on own.</p>	<p>Bars on the ground up to wrist height.</p> <p>No more than one or two obstacles in a row.</p> <p>Wobble boards or unstable surfaces, but very low.</p> <p>Do not let puppy go up or down stairs unsupervised - no more than two or three steps on own.</p>	<p>Bars on the ground up to wrist height.</p> <p>No more than one or two obstacles in a row.</p> <p>Wobble boards or unstable surfaces, but very low.</p> <p>Do not let puppy go up or down stairs unsupervised - no more than one staircase on own.</p>	<p>Jumps can be increased to half elbow height and more challenging ramps and</p> <p>Be VERY vigilant if puppies are on high surfaces - furniture, staircases, etc.</p> <p>Stairs are allowed, but continue to supervise and do not let the puppy run up and down the stairs.</p>
Chasing	<p>Roll balls and drag toys on the ground in gentle circles.</p>	<p>Roll balls and drag toys on the ground in gentle circles.</p>	<p>Roll balls and drag toys on the ground in gentle circles.</p>	<p>Gently lob or toss balls and toys, but do not encourage long fetching sessions.</p>
Tugging	<p>Keep the toy low so the puppy's neck is in a straight</p> <p>Don't pull on the toy, allow the puppy to tug against you</p>	<p>Keep the toy low so the puppy's neck is in a straight</p> <p>Don't pull on the toy, allow the puppy to tug against you</p>	<p>Keep the toy low so the puppy's neck is in a straight</p> <p>Don't pull on the toy, allow the puppy to tug against you</p>	<p>Keep the toy low so the puppy's neck is in a straight</p> <p>Don't pull on the toy, allow the puppy to tug against you</p>
Free Play with Other Dogs	<p>10-15 minutes for formal "play dates"</p> <p>Puppy can have free access to other dogs in the house as long as puppy isn't harassing adults</p> <p>Keep bags of kibble/treats on hand to interrupt overly rough play</p> <p>Enforce naptimes by putting puppy away</p>	<p>10-15 minutes for formal "play dates"</p> <p>Puppy can have free access to other dogs in the house as long as puppy isn't harassing adults</p> <p>Keep bags of kibble/treats on hand to interrupt overly rough play</p> <p>Enforce naptimes by putting puppy away</p>	<p>20-30 minutes for formal "play dates"</p> <p>Puppy can have free access to other dogs in the house as long as puppy isn't harassing adults</p> <p>Keep bags of kibble/treats on hand to interrupt overly rough play</p> <p>Enforce naptimes by putting puppy away</p>	<p>20-30 minutes for formal "play dates"</p> <p>Puppy can have free access to other dogs in the house as long as puppy isn't harassing adults</p> <p>Keep bags of kibble/treats on hand to interrupt overly rough play</p> <p>Enforce naptimes by putting puppy away</p>

				Your puppy's increased size can make him more susceptible to injury if engaging in body slamming, fast turns, and sprinting.
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